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Nutri - Topics

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Sports Nutrition

Books (in order by year)

Eating, Body Weight and Performance in Athletes: Disorders of Modern Society.
Kelly D. Brownell, Judith Rodin, and Jack H. Wilmore. Philadelphia, PA: Lea
and Febiger. 1992. 374 pp.

Eating for Endurance. Revised edition. Ellen Coleman. Palo Alto, CA: Bull
Publishing. 1992. 176 pp.

Eating on the Run. 2nd edition. Evelyn Tribole. Champaign, IL: Leisure Press. 1992.
241 pp.

Nutrition for Fitness and Sport. 3rd edition. Melvin H. Williams. Dubuque, IA:
W.C. Brown Publishers. 1992. 431 pp.

Sports Nutrition: A Guide for Professionals Working with Active People. 2nd
edition. Dan Benardot, (ed.). Chicago, IL: The American Dietetic Association.
1992. (in press)

Food Power: A Coach's Guide to Improving Performance. 2nd edition. Rosemont,
IL: National Dairy Council. 1991. 140 pp.

Sports Nutrition for the 90's: The Health Professional's Handbook. Jacqueline R.
Berning and Suzanne Nelson Steen, (eds.). Gaithersburg, MD: Aspen
Publishers, Inc. 1991. 299 pp.

The resources listed are judged to be accurate, readable, and available. Opinions
expressed in the publications do not necessarily reflect the views of the U.S.
Department of Agriculture. *Nutri-Topics* replaces the FNIC *Pathfinder* series and is
issued in three editions: Consumer, Educator, and Health Professional/Researcher

- Coaches Guide to Nutrition and Weight Control*. 2nd ed. Patricia Eisenman, Stephen C. Johnson, and Joan E. Benson. Champaign, IL: Human Kinetics Publishers. 1990. 177 pp.
- Diet, Exercise, and Fitness*. (an accredited continuing education course for health professionals). Ellen Coleman. San Marcos, CA: Nutrition Dimension. 1990. 136 pp.
- Nancy Clark's Sports Nutrition Guidebook*. Nancy Clark. Champaign, IL: Leisure Press. 1990. 323 pp.
- Food for Sport*. 2nd edition. Nathan J. Smith and Bonnie Worthington-Roberts. Palo Alto, CA: Bull Publishing. 1989. 228 pp.
- Eat to Compete: A Guide to Sports Nutrition*. Marilyn Peterson and Keith Peterson. Chicago, IL: Year Book Medical Publishers, Inc. 1988. 371 pp.
- Nutrition for Sport*. Steve Wooton. New York, NY: Facts on File Inc. 1988. 199 pp.

Journal Articles and Position Papers (in order by subject and by year)

General

- "Assessing athletes' nutritional status: making it part of the sports medicine physical." Joanne L. Slavin. *The Physician and Sports Medicine*. 19(11): 79-82, 87-88, 91-94. 1991.
- "Nutrition". Nancy Clark. In: *Sports Medicine*, 2nd edition. R.H. Strauss, (ed.). Philadelphia, PA W.B. Saunders. 238-254 pp. 1991.
- "Athletes, and food and nutrition: sports nutrition from a sports medicine physician." Alvin R. Loosli. *Food and Nutrition News*. 62(3):15-18. 1990.
- "Beware of nutrition quackery." Susan Kleiner. *The Physician and Sportsmedicine*. 18(6):46; 49-50. 1990.
- "How to identify a nutrition quack." Jacqueline R. Berning. *Scholastic Coach*. 1989.

Ergogenic Aids

- "Contemporary ergogenic aids used by strength/power athletes." Chris Rosenbloom, Mindy Millard-Stafford, and Jim Lathrop. *Journal of the American Dietetic Association*. 92(10):1264-1266. 1992.

- "Dietary supplements: alternatives to anabolic steroids?" Virginia Cowart. *The Physician and Sportsmedicine*. 20(3):189-198. 1992.
- "Ergogenic Aids: deceptive tactics used in marketing purported ergogenic aids." David M. Lightsey. *National Strength and Conditioning Association Journal*. 14(2):26-30. 1992.
- "Performance-enhancing aids in sport: health consequences and nutritional alternatives." S.M. Kleiner. *Journal of the American College of Nutrition*. 10(2):163-176. 1991.
- "The use of alcohol in sports." *American College of Sports Medicine Position Paper*. Indianapolis, IN: American College of Sports Medicine. 1988.

Fluid Needs

- "Fluid replacement and exercise stress: a brief review of studies on fluid replacement and some guidelines for the athlete." R.J. Maughan and T.D. Noakes. *Sports Medicine*. 12(1):16-31. 1991.
- "Preparing your athletes for competition in hot weather." Carl V. Gisolfi. *Scholastic Coach*. May/June 1988.

Nutrition Education Approaches (in order by year)

- "An eating plan and update on recommended dietary practices for the endurance athlete." Carolyn J. Hoffman and Ellen Coleman. *Journal of the American Dietetic Association*. 91(3):325-330. 1991.
- "Development and testing of a carbohydrate monitoring tool for athletes. Karen Moses and Melinda M. Manore. *Journal of the American Dietetic Association*. 91(8):962-965. 1991.
- "Nutrition information sources of college varsity athletes." Bert H. Jacobson and Hugh A. Gemmell. *Journal of Applied Sport Science Research*. 5(4):204-207. 1991.
- "Developing a sports nutrition practice." Nancy Clark. *Nutrition Today*. 24(3):35-37. 1989.
- "Nutrition education for elite female runners." Nancy Clark, Miriam Nelson, and William Evans. *Physician and Sportsmedicine*. 16(2):124-128, 130, 133-134, 136. 1988.

Nutrition Knowledge of Athletes and Coaches

Please refer to the Health Professional/Researcher version of the **Sports Nutrition Nutri-topics** for a list of articles about this topic.

Macronutrients (publications in order by year)

"Effect of amino acids on growth hormone release." Bert H. Jacobson. *The Physician and Sportsmedicine*. 18(1):63-70. 1990.

"Insufficient dietary carbohydrate during training: does it impair athletic performance?" W. Sherman and G. Wimer. *International Journal of Sports Nutrition*. 21(1):28-44. 1991

"Carbohydrate for athletic training and performance." David L. Costill. *Contemporary Nutrition*. 15(9):1-2. 1990.

"Diet and endurance fitness." Clyde Williams. *American Journal of Clinical Nutrition*. 49:1077-1083. 1989.

"How much protein do athletes really need? Paul McCarthy. *The Physician and Sportsmedicine*. 17(5):170-175. 1989.

"Nutritional effects on work performance." Eric Hultman. *American Journal of Clinical Nutrition*. 49:949-57. 1989.

Protein. Jaime S. Ruud. Omaha, NE: International Center for Sports Nutrition (position paper). 1989. 32 pp.

"Carbohydrate nutrition and exercise." E. David Wright. *Clinical Nutrition*. 7(1):18-27. 1988.

Iron (publications in order by year)

"Iron deficiency in the young athlete." Thomas W. Rowland. *Pediatric Clinics of North America*. 37(5):1153-1163. 1990.

"Causes of iron deficiency in adolescent athletes." H.J. Nickerson, Mary C. Holubets, Brian R. Weiler, Ronald G. Haas, Samuel Schwartz, and Mark E. Ellefson. *The Journal of Pediatrics*. 114:657-663. 1989.

Iron and physical performance. Jaime S. Ruud. Omaha, NE: International Center for Sports Nutrition. (position paper). 1989. 43 pp.

"Iron deficiency anemia in female athletes: its prevalence and impact on performance." William L. Risser, Eva J. Lee, Hally B. W. Poindexter, James M. Pivarnik, Jan M. H. Risser, and James F. Hickson. *Medicine and Science in*

**Weight Loss, Weight Gain and Body Composition
(publications in order by year)**

"Physical exercise and energy requirements." E. David Wright and David M. Paige. *Clinical Nutrition.* 7(1):9-17. 1988.

"Weight control for football players." Jacqueline R. Berning. *Scholastic Coach.* October 1988.

"Weight loss through dehydration in amateur wrestling." Sharon Yarrows. *Journal of the American Dietetic Association.* 88:491-493. 1988.

"How physicians can help high school wrestlers control weight." Lan Barnes. *Physician and Sports Medicine.* 15(1):166-170. 1987.

Athletes With Special Nutritional Concerns (publications in order by year)

"Eating for endurance or ultraendurance." Alice K. Lindeman. *The Physician and Sportsmedicine.* 20(3):87-104. 1992.

"Nutrition: can it give athletes with diabetes a boost." Marion J. Franz. *Diabetes Educator.* 17(3):163-172. 1992.

"Nutrition of the older athlete." Cheryl L. Rock. *Clinics in Sports Medicine.* 10(2):445-457. 1991.

Vegetarianism: Implications for Athletes. Jaime S. Ruud. Omaha, NE: International Center for Sports Nutrition. (position paper). 1990. 32 pp.

"Exercise and nutrition in the elderly." William J. Evans and Carol N. Meredith. In: *Nutrition, Aging, and the Elderly*, pp. 89-126. Hamish N. and Dara E. Danford (eds.). New York, NY: Plenum. 1989.

"Nutrition for a cold environment." Eldon W. Askew. *The Physician and Sportsmedicine.* 17(12):76-78, 80-82, 85-86, 88-89. 1989.

Eating Disorders (publications in order by year)

"Eating disorders in NCAA athletic programs." Randall W. Dick. *Athletic Training.* 26:136-140. 1991.

"Eating disorders: the role of the athletic trainer." Ann C. Grandjean. *Athletic Training.* 26:105-110, 112-116. 1991.

"Nutritional aspects of eating disorders: nutrition education and counseling as a component of treatment." Glenda Woscyna. *Athletic Training*. 26:141-147. 1991.

"Feast or famine: eating disorders in athletes." James S. Thornton. *The Physician and Sportsmedicine*. 18(4):116-122. 1990.

"How to approach eating disorders among athletes." Nancy Clark. *Topics in Clinical Nutrition*. 5(3):41-47. 1990.

"How to handle eating disorders among athletes." Nancy Clark. *Scholastic Coach*. May/June 1989.

Audiovisuals (in order by year)

Videos:

Eating Healthy for Sports. (1992). Turner Multimedia, 10 N. Main Street, Yardley, PA 19067-9986. 800-344-6219. **Includes:** 23 min. (VHS) videocassette. **Content:** This video addresses healthy eating for athletes, including eating disorders, sports drinks, weight loss, basic nutrition, and altitude. **Audience:** College and Adult Athletes, Coaches, Trainers, Parents.

Peak Performance Nutrition. (1991). Produced by: York Dining Services, University of Maine. Available from Anne Johnson, 100 Bennoch Rd. Orono, ME 04473. **Includes:** 14 min.(VHS) videocassette. **Content:** In a question and answer format this video reviews fluid intake, need for a variety of foods, carbohydrate intake, pre-event meals, fad diets, and fast food. Shows athletes from a variety of sports. **Audience:** High School and College Athletes.

Training Table: Your Competitive Advantage. (1991). Nutrition Services, Portland Public Schools, 501 N. Dixon Street, Portland, OR 97227. (503) 249-2000. **Includes:** 17 min. (VHS) videocassette with handouts. **Content:** This program teaches the basics of sports nutrition including carbohydrate, pre-event eating, and fluids. **Audience:** School-age Athletes, Coaches, Parents.

Inside Edge. (1990). Western Dairy Council, 12450 N. Washington, Thornton, CO 80241. **Includes:** 9 min. (VHS) videocassette, six reproducible handouts, and resource list. **Content:** This video covers the following subject areas: protein, carbohydrate, pre-competition meals, fluid replacement, training diets, and traveling tips. **Audience:** High School Athletes.

Nutrition and Eating Disorders Series. (1990). Produced by the National Collegiate Athletic Association (NCAA). Available from: Karol Video, 350 N. Pennsylvania Avenue, P.O. Box 7600, Wilkes-Barre, PA 18773-7600. 800-524-1013. **Includes:** A three-part VHS series, 1) *Afraid to Eat: Eating Disorders and the Student Athlete* (17 min.); 2) *Out of Balance: Nutrition and*

Weight (16 min.) and 3) *Eating Disorders: What Can I Do?* (15 min.).

Content: The videos cover the problems created by the drive to lower weight without regard for proper diet, the consequences of eating disorders, and what coaches, teachers, and others can do to help the student-athlete with an eating disorder. **Includes** masters of hand-outs on eating disorders, nutrition, weight loss, amenorrhea, and a resource list. **Audience:** Athletes with eating disorders, Coaches, Teachers, and Parents.

The Performance Factor. (1990). Produced by the Gatorade Sports Science Institute at The Quaker Oats Company. Available from: Mediatech, Inc., Dept. E, 110 West Hubbard, Chicago, IL 60610. (312) 828-1146. **Includes:** 12 min. (VHS) videocassette, educator's guide and two reproducible handouts. **Content:** This video tells about fluid balance during exercise and how dehydration affects the body and athletic performance. **Audience:** Athletes.

Sports Nutrition: Fueling a Winner. (1989). Cambridge Career Products, P.O. Box 2153, Charleston, WV 25328-2153. **Includes:** 90 min. (VHS) videocassette and 40-page user manual. **Content:** This video covers pre-competition, post-competition and training meals. It also covers sports nutrition myths as well as weight management to optimize athletic performance. **Audience:** Young and Adult Athletes.

Eating Disorders and Athletic Performance. (1988). International Center for Sports Nutrition, 502 S. 44th Street. Suite 3012, Omaha, NE 68105. (402) 559-5505. **Includes:** 15 min. (VHS) videocassette. **Content:** This video discusses factors precipitating anorexia/bulimia, indicators of an eating disorder, psychological effects of eating disorder behaviors, and proper methods for weight loss. **Audience:** Nutritionist, Athletes, Coaches, Trainers.

Winning Sports Nutrition. Volume I: The Training Diet. (1988). Agricultural Sciences Communications, The University of Arizona, 715 N. Park, 2nd Floor, Tucson, AZ 85719. (602) 621-1726. **Includes:** 20 min. (VHS) videocassette. **Content:** This video covers how to eat a healthy diet (even at fast food restaurants), avoid dehydration, and maintain the proper weight. **Audience:** Athletes, Coaches, Parents.

Winning Sports Nutrition. Volume II: The Competition Diet. (1988). Agricultural Sciences Communications, (see address above) **Includes:** 20 min. (VHS) videocassette. **Content:** This video covers eating and hydration tips for all phases of athletic competition. **Audience:** Athletes, Coaches, Parents.

Eating for Sport. (1984). The Polished Apple, 3742 Seahorn Dr., Malibu, CA 90265-5699. (310) 459-2630. **Includes:** 28 min. (VHS) videocassette. **Content:** This video features nationally recognized experts on sports nutrition discussing athletes' needs in such areas as basic nutrition, carbohydrate loading, electrolyte and water replacement. **Audience:** Young and Adult

Slides:

Eating Disorders and Exercise. (1992). Available from Nancy Clark, Sports Medicine Brookline, 830 Boylston Street, Brookline, MA 02167, (617) 739-2003).

Includes: 70 slides, script. **Content:** In a question and answer format, this slide show introduces and defines eating disorders and their prevalence among athletes and discusses how to alleviate food fears and create a healthy diet. **Audience:** Athletes, Coaches, Trainers, Parents, Health Professionals, Weight Conscious Women.

Sports Nutrition: How to be Physically Fit and Nutritionally Sound. (1990). Nancy Clark, Nutrition Services, Sportsmedicine Brookline, 830 Boylston Street, Brookline, MA 02167. **Includes:** 75 slides and teacher's guide. **Content:** Addresses sports nutrition topics in a question and answer format. **Topics include:** carbohydrates, fluid needs, pre-event meals, weight reduction, vitamin supplements, caffeine, and so forth. **Audience:** High School, College, and Adult Athletes.

Training table: A complete sports nutrition program. (1987). Nutrition Services, Portland Public Schools, 501 N. Dixon St., Portland, OR 97227. (503) 249-2000. **Includes:** 42 slides with script and handouts. **Content:** This program teaches the basics of sports nutrition including carbohydrate, pre-event eating, and fluids. **Audience:** School-age Athletes, Coaches, Parents

Printed Visuals

Competition Nutrition: A Coach's Guide to Improving Performance. (Brochure) (1992). Available from Western Dairy Council, 12450 North Washington, Thornton, CO 80241. (303) 451-7711 or 800-274-6455.

Drink for Peak Performance. (poster 14" x 24") (1992). Available from Cornell University, Media Services Resource Center, 7 Business and Technology Park, Ithaca, NY 14850. (607) 255-2080.

Eat for Fitness. (Handout) (1992). Available from Cornell University, Media Services Resource Center, 7 Business and Technology Park, Ithaca, NY 14850. (607) 255-2080.

Eat for Fitness. (Poster-14" x 24") (1992). Available from Cornell University, Media Services Resource Center, 7 Business and Technology Park, Ithaca, NY 14850. (607) 255-2080.

Sports Nutrition Handout Packet. Topics include: carbohydrates, fast food, post-event eating and fluids. Available from Sports Nutrition Education

Resource Center, Department of Allied Health (NTE), Slippery Rock University, Slippery Rock, PA 16057. (412) 738-2269.

Sports Nutrition: Resource Packet. (1992). Available from Penn State Nutrition Center, Pennsylvania State University, 417 E. Calder Way, University Park, PA 16802-5663. (814) 865-6323.

Sports Nutrition: Eating Disorders. (handout) (1990). Available from International Center for Sports Nutrition, 502 South 44th Street, Suite 3012-NT, Omaha, NE 68105. (402) 559-5505.

Sports Nutrition Handouts: Camera Ready Fact Sheets. (1992 revised). Topics include: sports nutrition tips, carbohydrate loading, fluids, pre-competition meals, iron, weight loss, weight gain and tips for athletes with diabetes, eating disorders and more. Available from Nancy Clark, Sportsmedicine Brookline, 830 Boylston Street, Brookline, MA 02167. (617) 739-2003.

Periodicals

Sports Science Exchange. Gatorade Sports Science Institute. Quaker Oats Company, P.O. Box 9005, Chicago, IL 60604-9005. (312) 222-7704.

Contacts for Assistance

Local Contacts (Listed in the telephone directory) Ask for the:

Health Department (city,county,state).	Nutritionist
Hospital	Registered Dietitian
Nutrition Consultant	Sports or Sports Medicine Clinic
	Nutritionist or Registered Dietitian

National Contacts

American Alliance for Health, Physical Education, Recreation and Dance, Publications and Customer Service, 1900 Association Drive, Reston, VA 22091. (703) 476-3400 or 800-321-0789.

American College of Sports Medicine, P.O. Box 1440, Indianapolis, IN 46206. (317) 637-9200.

Food and Nutrition Information Center, National Agricultural Library, 10301 Baltimore Blvd., Room 304, Beltsville, MD 20705-2351. (301) 504-5719.

Gatorade Sports Science Institute, P.O. Box 9005, Chicago, IL 60604-9005. (312) 222-7704.

International Center for Sports Nutrition, 502 South 44th St., Suite 3012-NT, Omaha, NE 68105. (402) 559-5505.

National Center for Nutrition and Dietetics, 216 W. Jackson Blvd., Suite 800,
Chicago, IL 60606. 800-366-1655.

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